

# WHAT'S SUPP?

Take our quiz to find out how supplement savvy you are!



Why might a pony need a supplement? (Two marks)

To balance his diet or to support his body with an issue, such as poor hoof quality or stiff joints

What should a pony's diet be based on?

Forage, such as hay and haylage

What does a BETA NOPS logo indicate?

They're safe to use

when competing

What is the feeding guide on a supplement label usually based on?

The pony's weight

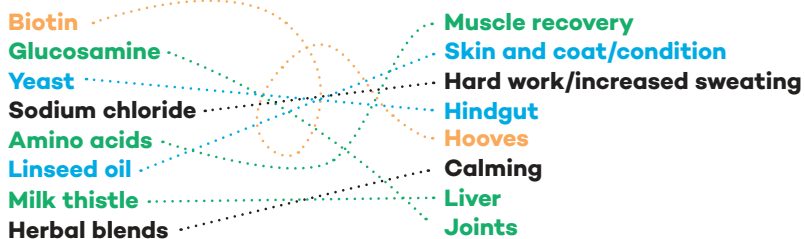
What's required by law to be on a supplement label? (Tick all that apply)

- quantities of ingredients
- feeding guide
- the condition it supports
- a picture of a pony
- active ingredients





Can you match up the ingredients to the problem they best support?



Supplements in powder or pellet form work better than liquid ones.

TRUE  FALSE

False – There is no evidence to suggest this is true. Liquids actually tend to be faster acting because they can be absorbed more quickly, but they can't always carry the necessary ingredients, so not all supplements are available in this form.

You can't feed your pony two supplements at once.

TRUE  FALSE

False – Most supplement ingredients don't cross over so generally it's safe to feed more than one. However, it's always best to check the labels and speak to a nutritionist to make sure you're not doubling up.

Antioxidants, such as Vitamin C, are included in lots of supplements to help reduce inflammation.

TRUE  FALSE

True – Antioxidants are also added to help increase the shelf life of the product.



I SCORED....

17

How did you get on?

0-6 points  
**SUPPLEMENT SNAIL**

Uh-oh, good try but looks like you need to learn a little more about supplements. Why not do some research online and then have another go?

7-12 points  
**SUPPLEMENT STAR**

What a great effort! You've got a solid baseline knowledge on all things supplements, but there are still a few areas for you to improve on.

13-17 points  
**SUPPLEMENT SUPERHERO**

Woo-hoo – fantastic work! It seems like you're 100% clued up and your pony is in the best hands when it comes to feeding supplements!



Check your answers at [bit.ly/PNY\\_QUIZ\\_ANSWERS](https://bit.ly/PNY_QUIZ_ANSWERS) or scan the QR code!